

Intimate Hypnosis Sexological Hypnosis Skills

The Institute for Advanced Study of Human Sexuality



**INTIMATE HYPNOSIS -
SEXOLOGICAL HYPNOSIS SKILLS
CERTIFICATE PROGRAM**

Course of Study



300-Hour Full Program Certificate Course
&
150-Hour Fast Track Certificate Course for IASHS Students & Graduates



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Course of Study

Hypnosis offers the advantage of moving swiftly to the “heart” of the matter, while complementing cognitive behavioral and somatic therapies.

Intimate Hypnosis: Sexological Hypnosis Skills provides distance-learning and optional classroom training in clinical sexology and the use of hypnosis to address sexual and gender concerns.

Intimate Hypnosis complements other courses at IASHS, including *Clinical Sexology*, *Erotology*, and *Sexological Bodywork*. Sexological hypnosis skills complement cognitive/psychological and somatic/affect approaches used by many helping professionals.

Learning Objectives

The ability to be “entranced” is presented in this course as a key to sexual and emotional health.

Hypnosis has a long history of use by psychotherapists, sex therapists, hypnotists, sexologists, and others in the helping professions. This course is unique in creating and teaching uniform standards for basic competency in this specialty. The ultimate goal is for each participant to gain an understanding of sexological hypnosis which facilitates best possible client outcomes.

Specific objectives include:

- Clinical sexology basics: theories, approaches, common sexual concerns, clinical skills.
- Hypnosis basics: theories, types of trance states, inductions, methods, hypnosis skills.
- Integration of hypnosis and sexology with basic helping skills.
- History and present use of hypnosis to address sexual and gender concerns and enrichment.
- How to craft the sexological hypnosis session, including client interview and “pre-talk,” preliminary techniques, basic induction methods, and hypnosis scripts.
- Basic business practices, legal concerns, and ethics and standards of professional conduct, particularly with regard to the sexological hypnotist.

Course Structure

The Full Program is a half-trimester, 300-hour course consisting of two IASHS certificates (see below). The Fast Track consists of 150 Intimate Hypnosis hours, offered only to IASHS students and graduates. ***Students must complete this course within two of the IASHS trimesters (Spring, Summer, or Fall).***

Intimate Hypnosis (150 hours): Students participate in weekly webinars, taped lectures, assignments, and home study over approximately 15 weeks of active learning (schedule may vary). The optional on-site intensive delivers approximately 70 additional hours of basic and sexological hypnosis instruction. (See below).

Associate in Sex Education (150 hours): Students complete this portion of the course with an additional 150 hours of home study through reading, writing, and viewing instructional videos, as required by IASHS. *Please note: This portion of the course is not included in the Fast Track program, as IASHS students and graduates will have already completed this portion of the program as a stand-alone certificate.*

Optional Hypnosis Certification through the National Guild of Hypnotists (NGH): The NGH curriculum is incorporated into the distance-learning portions of this training. Students who complete the 70-hour onsite intensive are eligible for certification through the National Guild of Hypnotists, provided they have also purchased the separate NGH course materials (see below).

Prerequisites

This course was designed for:

- 1) the clinical sexology student, professional clinical sexologist, sex coach, sex counselor, or other therapeutic or helping professional who is motivated to learn sexological hypnosis skills.
- 2) the certified hypnotherapist or consulting hypnotist who desires specific training in human sexuality and knowledge of best practices for addressing sexual concerns.
- 3) other helping professionals who desire to learn sexology and hypnosis skills.

Introduction to Hypnosis and Sexology Fundamentals - 9 weeks

Full Program students will learn fundamentals of sexology and hypnosis through the Intimate Hypnosis and Associate in Sex Education portions of the course. They will complete weekly assignments in reading, media viewing, online exercises and discussions, and writing. Weekly viewing of recorded lectures and/or webinar attendance is mandatory. **Fast Track** students will focus on hypnosis.

Focus on Hypnosis for Sexual and Gender Concerns & Optional Hypnosis Skills Intensive - 6 weeks

During this phase, students will focus more directly upon hypnosis for sexual and gender concerns distance learning through webinars and home study, and work together for theoretical and experiential learning, including:

- 1) Lectures and media, large and small group discussion, sexological case study conferences.
- 2) Basic hypnosis demonstrations, sex counseling demonstrations and role play, sexological hypnosis demonstrations.
- 3) Personal experience with hypnosis, including guided imagery, group hypnosis, and student to student hypnosis practice sessions.
- 4) Creation and construction of a personal and shared working manual of hypnosis tools, including techniques, inductions, and hypnosis scripts specific to most common sexual and gender concerns.
- 5) Business practices, legal issues, and ethics.
- 6) Final exam and graduation.

Instructor

Amy Marsh, EdD, DHS, CH, CI, ACS is an Associate Professor of Sexology at IASHS. She holds two doctorates in human sexuality from IASHS (2011, 2008). She is a board certified sexologist, an AASECT-certified sex counselor, a certified consulting hypnotist (CH) and a certified hypnosis instructor (CI) through the National Guild of Hypnotists. She is the founder of the Intimate Hypnosis Training Center and also teaches sexuality courses online. She is a sex writer and educator published in a variety of online websites, including the *Electronic Journal of Human Sexuality*.

Reporting Requirements

Candidates for this certificate must complete and file a report with the Institute for Advanced Study of Human Sexuality which states they have (1) completed all home study assignments and reading, (2) attended the bi-weekly webinars and teleconferences, (3) completed all distance-learning. Students will be required to complete a brief final exam, submit a reaction paper, and fill out a class evaluation survey.

Certificate Award

Depending upon the student's enrollment in either the **Full Program** or **Fast Track**, upon completion of the above requirements, the ***Intimate Hypnosis - Sexological Hypnosis Skills Certificate*** and/or the ***Associate in Sex Education Certificate*** will be awarded. Course credit can count toward any academic degree at the Institute. Masters and doctoral students of the Institute will receive six units of graduate study for the **Full Program**. Graduates of this course may apply for certification as a sexological hypnotist through the American College of Sexologists.

Students who have completed the Hypnosis Skills Intensive will be eligible for hypnotist certification and a year's membership in the National Guild of Hypnotists.

Costs

Full Program tuition is \$4,200.00. (There is an additional \$100.00 application fee.) Tuition includes four of the required books, online access to webinars and/or teleconferences and online materials, and the one-week intensive. Students will purchase other required books separately. NGH certification materials are an additional \$200, purchased through Dr. Marsh. ***Please check with the IASHS business office for information about the Fast Track tuition costs.*** Registration must be completed and tuition paid in full before beginning the first home study and distance learning phase.

There will be no refunds issued upon registration to the online access.

Student must apply and be accepted by the Institute. The following application materials must be sent to the registrar. Please contact registrar@iashs.edu for more information.

- 1) An application form.
- 2) An application fee of \$100.00 (non-refundable).
- 3) A resume including education and work in the field of either hypnosis or human sexuality.
- 4) A letter of intent and interest briefly stating reasons for applying, education and learning goals, and a statement on human sexuality.
- 5) A current photograph.
- 6) A pre-interview with Dr. Marsh will be required for eligibility.
- 7) Two letters of recommendation.

For more information regarding this program, please contact Dr. Amy Marsh at (510)277-0440 or email dr.amymarshsexologist@gmail.com. See also:

IASHS website: <http://www.humansexualityeducation.com>

